



Lettuce Bundles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 heads boston lettuce separated cut in half) (Boston or Bibb)
- 1 cup carrots (matchstick-cut)
- 1 tablespoon apple cider vinegar
- 1 teaspoon cornstarch
- 0.5 cucumber english cut into julienne (matchstick-cut) strips (1 cup)
- 0.5 cup orange juice
- 0.5 teaspoon orange zest grated
- 1 large bell pepper red cut into thin 2-inch-long strips (1 1/2 cups)

- 0.1 teaspoon pepper red crushed
- 2 tablespoons sugar

Equipment

- sauce pan
- whisk
- toothpicks

Directions

- In 2-quart saucepan, stir orange juice, sugar, cornstarch and pepper flakes with wire whisk until cornstarch is completely dissolved.
- Heat to boiling over medium-high heat, stirring frequently. Boil 1 minute, stirring frequently.
- Remove from heat; stir in vinegar and orange peel. Cool completely, about 15 minutes.
- Meanwhile, on center of each lettuce leaf, place equal amounts of bell pepper, cucumber and carrots; roll up, leaving ends open. Secure with toothpick; place on serving platter.
- Serve bundles with sauce.

Nutrition Facts



PROTEIN 10.39% **FAT 5.25%** **CARBS 84.36%**

Properties

Glycemic Index:10.04, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:3.7369565315869%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 13.36kcal (0.67%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.59g (0.94%), Sugar: 2.21g (2.45%), Cholesterol: 0mg (0%), Sodium: 5.03mg (0.22%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin A: 1574.98IU (31.5%), Vitamin K: 15.98µg (15.22%),

Vitamin C: 12.38mg (15%), Folate: 16.08µg (4.02%), Potassium: 84.1mg (2.4%), Manganese: 0.05mg (2.35%), Vitamin B6: 0.04mg (2.16%), Fiber: 0.49g (1.97%), Vitamin B1: 0.02mg (1.42%), Iron: 0.25mg (1.37%), Vitamin B2: 0.02mg (1.25%), Magnesium: 4.67mg (1.17%), Vitamin E: 0.18mg (1.17%), Phosphorus: 10.6mg (1.06%)